

# TrimSpa X32



## Claims/Benefits:

Reduces cravings, provides feelings of satisfaction and fullness, offers high-powered fat burning, and prolongs the amount of time that food is available for energy, thus keeping it from being stored as fat.

## Bottom Line:

Clinical trials have not shown that the ingredients in TrimSpa X32 can reduce body fat. The manufacturer's instructions for taking TrimSpa X32 include an exercise program and a healthy eating plan. It is a common ploy for weight loss scams to include legitimate instructions for weight loss (proper diet and regular exercise), and attribute weight loss

success solely to the product. Weight loss, if achieved, would most likely be caused by the implementation of exercise and diet, not from the diet pill itself.

## Q:What are the known dangers of using TrimSpa X32?

A:Trim Spa X32 can be risky for someone on blood thinning medication. Green tea contains some vitamin K, which can adversely interfere with Warfarin and Coumadin. Trim Spa X32 also contains chromium and glucosamine, which could lower the blood sugar of people taking diabetic medications. Trim Spa X32 users must drink adequate fluids in order to avoid constipation, and according to the manufacturer, choking.

Ingredient Name	Effectiveness	Safety	Side Effects
Chromium	Taking chromium orally does not seem to enhance bodybuilding, strength or lean body mass. Well-designed, reliable studies show that adding chromium or chloride 177-200 mcg daily to a weight-training program has no additional beneficial effect on body composition. Taking chromium picolinate orally 400 mcg alone or adding it to an aerobic exercise program does not seem to help increase weight loss or decrease body fat in obese patients.	There is not enough scientific research to establish safe and tolerable upper intake levels. There is also some concern that long-term supplemental use may not be safe due to potential mutagenic effects. Until more is known, long-term chromium supplements should not be used.	Orally, chromium in the trivalent form (Cr III) is generally well tolerated. However, some patients can experience cognitive, perceptual, and motor dysfunction at doses as low as 200-400 mcg per day of chromium picolinate.
Vanadium	Not shown to be effective.	There is concern that taking doses exceeding the tolerable upper intake level (UL) of 1.8 mg per day can increase the risk of gastrointestinal side effects and possibly lead to more severe toxicity.	Orally, vanadium most commonly causes mild gastrointestinal upset. Vanadium has also been associated with green discoloration of tongue, fatigue, lethargy, and focal neurological lesions, which were unrelated to dose.

Glucomannan	There is preliminary evidence that taking glucomannan orally might help reduce weight in obese children and adults. But some research shows no effect. More evidence is needed to rate glucomannan for these uses.	Possibly safe when used in powdered or encapsulated form.	Orally, esophageal and gastrointestinal obstructions have been reported when the tablet form has been used.
Glucosamine HCl	While a patent application for TrimSpa identifies glucosamine as an active ingredient that "blocks the effect of insulin, burning up stored fat and resulting in weight loss," clinical studies have found that glucosamine infusion in humans has no effect on insulin.	Possibly safe when used orally and appropriately. Glucosamine has been used safely in multiple clinical trials lasting from 4 weeks to 3 years	Orally, glucosamine hydrochloride can cause mild gastrointestinal (GI) symptoms such as gas, abdominal bloating, and cramps.
Cocoa Extract	There is insufficient reliable information available about the effectiveness of cocoa.	Possibly unsafe when used in large amounts. Due to the caffeine content, when used in excessive doses, significant adverse effects may occur, including tachyarrhythmias and sleep disturbances	Orally, cocoa can cause allergic skin reactions, shakiness, increased urination, rapid pulse, constipation, and might trigger migraine headaches.
Hoodia gordonii cactus	There is insufficient reliable information available about the effectiveness of hoodia.	There is insufficient reliable information based on clinical studies available about the safety of hoodia. Pregnancy and Lactation: Avoid using due to the lack of scientific research.	None reported.

### Q: Are there any legal issues involving TrimSpa X32?

A: TrimSpa X32 is currently facing a second-class action lawsuit alleging that the weight loss product, TrimSpa X32 Completely Ephedra Free, does not contain the appetite suppressant stated on the label, and that promotional materials for this product include false and misleading information.

In addition, there is a suit pending in Los Angeles stating that there is no scientific research supporting the claims that TrimSpa X32 metabolizes fat or regulates blood sugar. The complaint alleges that defendants offered a 110-percent, money-back guarantee, but regularly refused to make full or timely payments to people who demanded a refund. Currently, the state's attorney general is suing the company for using seminars and advertisements to sell its ephedra-based TrimSpa without regard for consumer health. More information on that story can be found at [www.naturalproductsinsider.com/articles/3c1govern07.html](http://www.naturalproductsinsider.com/articles/3c1govern07.html).

### REFERENCES

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